

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Aspartic acid (g)

Food Groups: Poultry Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 22, 2015 19:46 EDT

NDB_No	Description	Weight(g)	Measure	Aspartic acid(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	24.043
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	23.959
05305	Ground turkey, raw	453.6	1.0 lb	8.605
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	4.380
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	4.122
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	4.091
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	4.057
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.870
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.856
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.800
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.795
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	3.725
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.720
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	3.662
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3.629
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	3.618
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.616
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	3.609
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.604
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3.596
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.595
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.569
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.511
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	3.492
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	3.417
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.415
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.408
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	3.405

NDB_No	Description	Weight(g)	Measure	Aspartic acid(g) Per Measure
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.391
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.385
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	3.313
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.240
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	3.237
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.219
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.167
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	3.160
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.121
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.118
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3.104
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	3.082
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	3.080
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	3.069
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	3.064
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	3.041
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	3.035
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	3.017
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	2.999
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.901
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	2.880
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.845
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	2.825
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	2.820
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.735
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	2.697
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	2.650
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	2.650
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	2.645
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.641
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	2.598
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	2.563
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.540
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	2.490
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	2.480
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	2.464

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05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	2.462
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2.452
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	2.452
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	2.441
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	2.421
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	2.402
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	2.394
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	2.390
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	2.380
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	2.362
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	2.358
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.339
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	2.335
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	2.324
05621	Emu, ground, raw	117.0	1.0 patty	2.318
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	2.313
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	2.312
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	2.306
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.305
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.304
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	2.291
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	2.288
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	2.279
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	2.278
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	2.275
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	2.270
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	2.268
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	2.265
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	2.265
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	2.258
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	2.236
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	2.235
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	2.224

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05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	2.213
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	2.210
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	2.205
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	2.195
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	2.195
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	2.184
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	2.171
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	2.157
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	2.156
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	2.154
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	2.150
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	2.147
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	2.147
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	2.146
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	2.133
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	2.131
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	2.127
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.108
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.097
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.096
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	2.085
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	2.083
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	2.080
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	2.065
05641	Ostrich, ground, raw	109.0	1.0 patty	2.061
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	2.048
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	2.048
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	2.048
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.044
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	2.037
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	2.036
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	2.017
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	2.009
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	2.000
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.999
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.990

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05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.984
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.981
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.976
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	1.975
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	1.971
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.963
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	1.963
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.958
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.951
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.942
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	1.940
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.928
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.923
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.913
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	1.902
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.900
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.894
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.887
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	1.884
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.884
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.884
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.884
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.884
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	1.873
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.872
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.862
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.859
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.858
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.857
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.844
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.833
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.833
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.833
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.833
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.832
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.832

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05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.822
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.820
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.817
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.816
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.813
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.810
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1.810
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.810
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.806
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.801
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1.799
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.791
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.787
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.784
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.780
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.780
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.774
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.774
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.774
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.774
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.768
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	1.765
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.764
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	1.763
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.756
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.756
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.756
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.754
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.748
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.737
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	1.734
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.730
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.723
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.714
05630	Emu, outside drum, raw	85.0	3.0 oz	1.707
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	1.703

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05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	1.693
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.688
05626	Emu, full rump, raw	85.0	3.0 oz	1.688
05631	Emu, oyster, raw	85.0	3.0 oz	1.687
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.685
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	1.684
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.681
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	1.676
05158	Quail, meat only, raw	92.0	1.0 quail	1.669
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.669
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	1.664
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.658
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.653
05625	Emu, flat fillet, raw	85.0	3.0 oz	1.646
05628	Emu, inside drum, raw	85.0	3.0 oz	1.643
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	1.621
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	1.617
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.611
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	1.608
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.608
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	1.608
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.606
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	1.602
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.601
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.593
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	1.590
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	1.584
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	1.579
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	1.573
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.570
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	1.567
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.566
05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.564
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.548
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	1.540

NDB_No	Description	Weight(g)	Measure	Aspartic acid(g) Per Measure
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.539
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	1.538
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	1.538
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.527
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	1.518
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.490
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.464
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.464
05150	Goose, liver, raw	94.0	1.0 liver	1.463
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.459
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	1.458
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	1.452
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	1.451
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.449
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	1.447
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	1.447
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	1.443
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.441
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	1.436
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	1.431
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.420
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.419
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	1.418
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.414
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.410
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	1.406
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.398
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.395
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	1.395
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.388
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	1.387
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.366
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.364
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.332
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	1.331
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	1.331

NDB_No	Description	Weight(g)	Measure	Aspartic acid(g) Per Measure
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	1.330
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.323
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	1.318
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	1.312
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.309
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.309
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.301
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	1.297
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	1.289
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	1.272
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	1.267
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	1.265
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.256
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	1.255
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.227
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	1.212
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	1.210
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.171
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	1.114
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.108
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.073
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	1.040
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.987
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.972
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.968
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.938
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.937
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.923
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.899
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.885
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.850
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.819
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.804
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.784
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.776
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.760

NDB_No	Description	Weight(g)	Measure	Aspartic acid(g) Per Measure
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.756
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.740
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.739
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.721
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.712
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.701
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.694
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.694
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.638
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.638
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.629
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.619
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.603
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.599
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.596
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.594
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.586
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.560
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.544
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.540
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.528
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.513
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.508
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.494
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.485
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.477
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.469
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.440
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.436
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.430
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.424
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.395
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.387
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.385
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.384
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.379

NDB_No	Description	Weight(g)	Measure	Aspartic acid(g) Per Measure
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.374
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.353
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.350
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.333
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.322
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.312
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.309
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.274
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.259
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.235
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.233
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.231
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.222
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.210
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.202
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.196
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.192
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.188
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.178
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.167
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.141
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.109
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.103
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.094
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.092
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.043